



Green Beans

What is in it for you?

One cup of raw snap green beans is:

- An excellent source of infection-fighting vitamin C
- A good source of heart-healthy fiber

Produce Tips

- Green beans should look fresh with a bright green color
- Choose green beans that are plump and firm
- Place green beans in a plastic bag with small holes and store in a refrigerator



Serving Ideas

- Toss raw green beans into a salad for an extra crunch
- Keep washed, cut green beans in the refrigerator for a quick and healthy snack
- Sprinkle lemon juice and dill over steamed green beans



Fun Facts

- Green beans are often called *string beans* because originally a tough “string” ran on the outer curve of the shell.
- Green beans are also nicknamed *snap beans* from the noise made when snapping off the ends.
- The pod color of beans can be green, yellow, purple, red or streaked, but the bean color is always green.

Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

